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appointing sub-committee -

Who is the same and when will be be

THE GREATEST STADIUM

capacions enough to meconomidate the pur-

ular demands long since unfuffilled by I canli-

be seats for 50,000 speciators.

The promise of the largest are as for sal-

In sanctioning the plans of the Athletic

Council the Board of Trustees has not di-

vulged whether Franklin Field will be re-

constructed on a magnificent scale or whether

decision is made, it is certain that the enter-

prise enlists the heartlest and most sym-

typical in its enthusiasm for the "home

CHRISTMAS SHOPPING

There are many advantages and no dis-

advantages in early boildnes shopping, and

the side of the working force of the big

a better selection, afterds ample time for the

which so frequently takes the lesen colds of

But It is the subscience who want the

most from this consideration on the part of

an easy one, for usually there is compressed.

into a few days are amount of to sine a world-

narily done in weeks, and the is more than

ever the case this year when, with review

business conditions, the amount of sules is

expected to exceed very largely that of recent

to enjoy Christmas taken completely away

from her by the last-minute exactions of in-

Philadelphia is probably the most charis-

table and humane, as well as the most

American, of the great cities of the Umon,

and in no way an this better manifested

than in the very practical method of early

Christmas supports. In making Christmas

a day of joy in the home, we have no right

to deprice others of their share of Yules

tide pleasure through atterly needless on

NO SEX IN CITIZENSHIP

DRESIDENT HARDING'S propest to the

to consolidate the caspenses ones and an

demand special privileges for well olasses a

American institutions. Mr. Harding has sure

so on several previous essentials. He has the

stated that the function of government is t-

secure the greatest good for the greatest

number rather than to secure special prist-

But when we have political radicals seek.

ing to develop what they call class conscious-

ness, and when the new women voters are

perhaps unwittingly working to the same

end, it is fortunate that the Pre-ident bus

the courage and the wisdom to protest

WHAT DOES PARIS MEAN?

THE notion has been evalued in Parts that the Olympic games neglect culture, and

the suggestion is made that an art exhibition

and competitions in nausicy poetry; and the

drama would supply the omission. Pro-

viding the festival should be held in the

Wrench capital in 1924, the world's achieve-

ments in brawn and "the humanities" will

he revealed in the new municipal arena which

Suspicions of something not entirely un

undertaking as planned. In Philadelphia the impression exists that the Olympiad will

It might be pertinent to describe Paris as

"hacty," could the same "sin" be laid at

like an international exposition attach to the

is to arise in the Parc des Princes.

be a feature of the fair of 1926.

against it.

enjoyment from the great festival

considerate shoppers.

things going.

that if he statlenges reprisate there are Member of the Associated Press cores of his followers who half their others THE ASSOCIATED PRESS is exclusively en-listed to the use for republication of all nous disputches credited to it or not absence credited at the more of the despitional bends who tre loyal to the Mayor. in this paper, and also the local news published But the formal admission on the floor of

All rights of republication of special disputches ne Chy Connoll that the leader of the John Combine majerity in that body takes his Philadelphia, Wednesday, November 23, 1931 orders from a man who holds no elty office is an outstanding exhibition of the absence WHERE IS THE MAN? of that hypocrees which is said to be the

interval?

THE pungent remarks of Karl Blooming - dale about the farture of the Sesqui-Centennial Communities to use it a man to fake charge of the work of segment of stores printed in another consume of the page, and in words what a great pane to the said Mr. Bloomingdale says that I had seen themselves not as employes of the city question whether the committee his fines-Connections Hall, as anoted above stated tioned or merely flunked at a committee the case—but as the rubber stamps or moscertainly has not done must long you beyond

-enger boys of a political lender. We thus have two Mayors one who sell-Nothing can be necessariled and a real in the City Hall and the other who does man, elect and active, with a t-ion and remusbusiness in an office building neroes the tive, is put at the load of the enterprise

smoltheent which thee pays to virtue.

to gather up the lone threads and start. The Lincoln Building Mayor has apparcutly given orders that his managertes in the Council shall do excepthing possible to interfere with the success of the manierpal street-elemning program, in order that they may receive the was for a return to the mercue continue

I'ls welcome news that the University of Pennsylvania is to erect a stadium If the notitract exciton is restored this Lincoln Dailding Mayor will make several hundred thousand dollars a year in profits. And there is no law to precent the Coursmen from working to take mency out of

lege athletics in the United States is official the City Treasury prepar in the pockets of a and in full accord with the necessities. Propolitical constactor? vision, it is said, will be made for truck sports, baseball and football. There are to And there is no sense of public obligation

in these Councilmen which is strong enough to make them heaters even for a moment to: work to advance the financial interests of

They have their own personal stake in the some new site will be chosen. Whatever game. Their own licutements and messenger boys hold soft jobs in the Municipal pathetic interest of a community which is Court, and in order to keep their little malarge for a "college town," but exceedingly chines in working condition they you the money of the people to pay the salaries of these Municipal Court pilers, why are so numerous time they get in one another's

WITH Christmus only a little more than 1. Thus we see In operation the system which W four weeks off, it is high time that the considerate shopper began the innumerable of the United States for its complacent acand necessary curcings, whilely my a measure | continues of conditions that in almost any make the holiday the premier one of the cother city would arouse a self-respecting

IS THIS A TURTLE TOWN?

A MAN with a big of controls on his bank and two of the penture, in his hand atores. Unrly shopping gives the purchaser was offering them for size on Chestuin preparation of the home for the hallday and thus does away with that insteminate such ! symmets of Philindelphia."

Was be right? In Philodelphia the showmoving a reature that withdraws in its shell when it is attacked and is content to spend bull the year in tornor?

There is a fable, we know, of a function race in which the torteber won, but that was "hitten several conturies and before

imposition was so neute as it is todat. In the meantime the hare has profited by his enriler defeats and he is on the job new from dawn to dark.

AN AMBASSADOR OF HUMANITY

NO ONE looks upon Dr. Lorenz, of Vienna, now in this country, as the representative of a mation with which we were lately at war. If he comes to this city, as is likely, he will be welcomed as heartily as though he were a Frenchman or an Englishuan or an Italian. We should not translin appealers to nell where like stinguetides were during the war, but shall take it as a mail'r of owness that they were with his own centry. He will be welcomed as all simulsector of buildings, for he has de-

There are to intional boundaries that Convention of the National Long. of the state the great surgeons of the storld.

Women Voters, in session in Its Molnes.

This are closes of surgeons of the storld. The state of the storld in the organization of class stors was the state that for the storld science are

as couraged as a it was sound.

The wome a demanded the process of the second that the second

The discrimination against the assume a product the contribution of their sex baselone requires the large transfer to the sex baselone requires to the contribution of ip the sex distinction in their most of no tivities. It is as indefensible as available and the only remains that experience will date the elevisia sate, or the lawrer to the lawrer to graph of the lawrer colors of the curposter.

PLEDGES FOR CHINA

THE ventage is to are in a transmission This thing is contrary in the spin of a co-duttens on Vision Wongood as can of the present would order "the receipt. tion of good fast, so the meants of more proof to the estimate, is the mean in many for any to any forestiming contraction, of of the work of the concluse, step he show,

The specific force of the first rapid of the secting to the left female, so frame y ranged by China cannot be accurately expanned until realistic treatment is as older the Shantung problem, the subject of extension ritoriality, railway control, special press eges and kindned embarrasements.

But, membershile, the re-obstrons duced by Elina Root constitute a magneinternational climater, suprocedented in the conduct of Far Eastern affairs. Notice by fore have so many Powers been untied in a pledge of general purposes regarding Const. The alignment factories for any our Larger States, Great Britain, France, Italy and Japan, but also the Setherlands, Belgrum

and Portugal.
Respect for Trice sovereigns. ence and territorial integrity of China' is unreservedly promised. The second parties of gonrantees "the fallest and most unearlarsresed opportunity to Claus to develop and meintain becord as an effective and status Government.

It is noticeable that the term "Chine-Republic' is not used, an omission which implies that the domestic politics of China wistles with possibilities the effect I will not be ren ded as a subject for outside

on this side of the ocean is not calculated interference if sufficient stability of numin-

- Takatananana

to be completely agreeable. The Parisian

imagination moves too swiftly for the com-

It would seem, however, ungrachess to

complain of stolen thunder until it is dis-

closed that we have possessed any to al-

"ORDER MEN" IN COUNCIL

"WE VARE men go to the Lincoln Build-

ilman Hall. "Everybody knows we're in

polities and there is nothing in the law

against it, as there is in the case of cits

He made these remarks after he had moved

o abolish the position in the City Transit.

But the next norming he said that he

ould move to re-establish the position, is

The query continually arrows, did be get

urders from the Lincoln Building in the

He probably did, for Senator Vary know-

he had "reided a hone" in moving to

bepartment held by a son of Mayor Moore

ing for our orders," confessed Coun-

fort of outsiders not similarly endowed.

istration is acquired. "Uptal reportunity of commerce," the open door," in other phrascology, is pledged in the third clause. The fourth is somewhat obscure in wording; but it is generally understood to mean that the eight Powers are bound not to threaten or injure the security of any state concerned in the

For Eastern problem. A violation of Chinese territory by an attack from Russia or any action by Japan or any other Power against Siberia, Russia or other states through China are hypothetical enses, which, it is said, would be in contravention of this principle.

Unquestionably a new basis of dealing with Clana has been reached with a rapidity st unexampled in diplomacy. Delicacies a distrise in the application. But the start is leartening in its cander and in the spirit of incurrences exceptration which has been manifested by all the Powers.

The troop of hand-A Belated Tip maidens specially imported to Washington by the British delegation, incapable of going the afternoon round of ica without strictly home auspiers, suggests a deplorable short-uning of the American commissioners to Parts back in 1919. Wheat cakes flapped and openly arrived at before one of the polished plate glass windows along the Qual d'Orsay might effectively have supplied that of our native gustronomists, so often uncon-

Malatina Gandhi, the Oriental Irony pacifist revolutionist of India, who had planned India, who had planned a perfectly orderly reception of the Prince of Wales, by way of compliastating matter disapproval of the roxal visitor, is incensed over the risting in Bombay. Possibly this interesting rebel will next be found saving young Edward Albert's life as an expression of preforal, and irreconcitable insurgent constants.

No. Gwendolyn, that Chestnut Street advertisement about Vamps Chesmon street, at the football game, or wherever smart young Philadelphians congregate did not refer to you. In the first place, Chestnut street. ampe are not plain, and in the second place the tamp referred to was on a new state

SHORT CUTS

"Pacts voluseum" appears to be the re-A treaty by any other name would

In a way they seem to have become the "In-Principle" Allied and Associated Pow-

All will yet be well if the open door in thems can only be actuined without making

The news of rioting and murder is despat elections in Mexico must have familiar sound to Fifth Warders.

The President's Thanksgiving turker has arrived in Washington, and the rest of as can be thankful that he has it.

M. Briand, who says there are two Ger-manys, is not afraid of Dr. Jekyll, but he cants to be on his guard against Mr. Hyde.

Bootleggers are breaking into the drugstory game, they say, but physicians still tositively refuse to net as barkeopers on the have prescription business.

"impfore" was prophetic. When all else fails, polishing up the handle of the lag from door may suffice to consum in lour or so of excess mival energy.

That maxis all drives who used his callto resene a tandly from a burnbuilding must have inherited some of agenuity from his mother. A women could have done it with a bairpin.

Now if the City Cornell will make a but I 3-per-cent reduction in the staff of the Municipal Court, as it has done with the executive staff of the Department of Transit, everyone would be entished.

One of President Harding's Thank-givone of President Harmany & Lamas 2000 of the President of Washington by airrichant (from the price which the fowther communication for the past for years, there will be nottling unfination to the bird in the extreme altitude

The Lannisgiving turners which some in hed to the recent light temperatures of Indian summer suggest that even the most explicite revenge is not invariably sweet.

Now that are saying in New York that the three-borough Rotal Transit Company has been carrying: \$12,000,000 detell as a \$2,240,000 supplies. But wasn't it to enable million service confugations to do this over of thing that the science of bookkending

A New mill work, the scentred the first case of legal 4.75 here be the and add under the base in New Jersey since prohibition went into effect. Her paysician prescribed it begins she couldn't shale and was unable to said to a been. If the decision stands, promitition that however is in winter the steeplessees in New Jersey which the mos-

THE SESQUI-CENTENNIAL

Kari Bloomingdale Asks Some Pertinent Questions About the Way Plans Are Making

The the control of number of Poor Redard's Manuage to organ of the Poor Richard Bur Bostonigdale, former president the plant has progress of the a Pality and only attention to the need for a tilg man to take charge or the we in failure to that how thus far. Here is

The news has been some forth about we near radius of Sesqui-Centennial in 1926, Perhaps of arel. Who knows? And the It are one really know, we called be also to get a streeting mains. But how is that there is song of he to pour would "No budy Ringer, and nobody seems to care!" The water, together with four or its other men, went into several mostings with Mr. Alba Johnson early has spring. to pur segether a Committee of One Han-and who would see by it that the Sesqui

Whenever the name of a real, hards working chan was suggested, the silence and fregules of the frazen North fell upon the growd. What was wanted was "headliners" - not known, not province by their works, but by their

Mosting after meeting was called to get together the names of the noble Han work. Eventually the list was completed. Whether the committee then formed has really functioned or morely funded is an open question.

Every fitth town has its hig men.
Some hig towns, like Phrindelphia, have

no few hig men as a little town. And Philadelphia doesn't seem able to pick one really big man who will head the Se-qui-Centennial project and see it Generations of social activity is a beau-

riful groundwork whereon to build a gen-tionan. But is a gentleman really needed Cincinnatus once, but his plow to save

Does any one know a sturdy farmer in or around Philadelphin? We need him!

AS ONE WOMAN SEES IT

Personality of Foch Will Make His Visit to Philadelphia One Long to Be Remembered by Those Who Met Him

By SARAH D. LOWRIE

EVERY now and then in my capacity of writer for this column I cast my bread upon the waters and it returns to me-butapon the waters and it returns to me-nut-cered-by the next mail. I can only suppose, that is, that my invitation from the secre-tary of the Bo-Bo Club was in a sense re-warding me for an appreciation of artists y inviting me to the next meeting of his

The Bo-Bo Club was anticipating what might be called a "cultural" meeting, having invited a college professor to speak to it on a wide subject, viz., the past, the present and the future of, I think, literature, though possibly it was history. I confess that present and the first confess that present and the first was history. pect did not intrigue me so much as though the Bo-Bo Club itself were to enunciate a half dozen of its veriliets on life. That would mve been an evening not to be missed. However, I would have gone in the hope that before and after the culture I might have got the flavor of present-day opinions from me of the surrounding academy men that are understood to compose the Bo-Bo Club had not an even greater, even than a Bo-Bo. made that evening par excellence for Phila-

was Foch's evening in Philadelphia. and if ever I desired to remark casually to infants still in their cradles that the night I dined with Marshal Foch he said so and

so and did so and so, now was my oppor-tantly of a lifetime.

I confess that when I received that invi-tation to be one of the 800 or so to pay \$10 each to sit at a banquet that was to be given him by the Mayor's Committee, I besitated over the \$10 clause of it.

And then I remembered a lasting regret of my father's that he had hesitated over spending 85 to hear Jennie Lind sing, and piously pocketed the \$5 for a more vital or-casion, and so missed a great moment out of his life.

T CONFESS, too, that I was afraid of being A disappointed. Public banquets are dangerous backgrounds for celebrities. They are chances for little men to speak long and inappropriately and for big men to be ill at ease and perverse and for feeling to grow cold and perfunctory and for food to lie about in cluttered confusion while you strain to hear what your neighbor says above the operatic selections of the band, while the celebrity that you have come to see is a little figure at a distant long able and not half so real as when you read about him in the newspapers or saw him take a bouquet from a little girl and steep and kiss her in a moving picture.

I knew that Fech, thanks to Pershing's epoch-making suggestion, had had the great chance of the war. I knew that, proving worthy of that chance, he had saved a world from chaos, and that, as a military hero from first to last, be has had no superior and few equals in history. And I was afraid one could not get all that at a banquet.

BUT, happily, you could not fail to get it! Every one said the right thing to it! Every one said the right thing to t him off, from the Governor, who talked bout the great happiness that great Pennsylvania and great Philadelphia felt in wel-coming a great general who had been brought over here by a great Legion as the representative of a great nation, to the chairman. Mr. George Pepper, who very brilliantly and very feelingly summarized his prowess and

ar eager admiration. But if no one had said a word, even Genereal Pershing, who said charming, casual, light-hearted, almost teasing words that brought the counsion from "highfalutin-ness" to an easy American good fellowship that must have been a relief to Foch, even if there had been no speeches and the marshal of Franch sat smiling and gentally convers ing and amusedly signing menus and agreeally rising to great charming ladies, who were escorted up to meet him between courses, he would have made the evening very momentous for all of us, because you this personality

WHAT he does is very interesting, apart from what he has done. The way he uses his right hand—and only that when he spents—the way he slightly closes the fingers and emphasize—the point of his sentence with the thumb; the slight per-emptory shake of his head by way of commund to the officer whose duty it was to interpret his speech sentence by sentence; his sudden gravity and precision at a police philosophic miaptation to the whole enthu stastic occasion. His comfortable relation with Persiang and his quaint acceptance of the Governor's pleasant protectiveness. His neceptance of all the celat of the moment without selemnity and yet with spirit and ady appreciation. He would have been rewarding to observe

If he had been a stranger in a raffrond train, and with the added emphasis of a historical occasion he was completely in the pleture

TT WAS a table fall of notably bandsome 1 men, all of them personalities and of large experience, and it was a gathering of persons who for one reason or mother have counted in this generation in Philadelphia but Forh was notably the central figure not only by arrangement, but by what he passesses in himself, a confidence that is the reverse of arrogance and an assured dignity that is without self-assertion.
By the arrangement of the committee one

woman was to have been at that long table with Foch, the only Philadelphia woman with Form, the only Particular would who perhaps would be so signally honored without doing an injustive to some other woman whose claims hight have been urged as equally applicable. That woman by a strange stroke of fate by dead.

In rising and standing for a moment silion when her name was spoken the guests at that dinner pand the only tribute in their power to Mrs. Stevenson.

It was a ball and farewell to a seal that

in passing has taken much from this town in metely coasing to be a part of its every-

That should have died on the eye of She cared very much that the homage should he perfectly rendered. A friend whom she greatly trusted in matters that unitared to France saw her nearly at the last. She knew her and spoke her unue, and then she said ry slowly and remindingly;

The Wheel That Turns Everything Round

How comes it our bodies aren't painted with word? And we've brushes for parting our hair . How comes it that motorcars buzz on the

And relegenth wires in the air? Such a civilized world was not made in a But how was if ever begun?

shall tenly be glad if you kindly will say dane.

In those days when the wilderness boasted And your ancestors shinned up the trees,

When nobody knew the declension of nouns Or the capture of duck and green peas. There was some one who said, "I know better than that!" And went forth to fulfill vague desires—

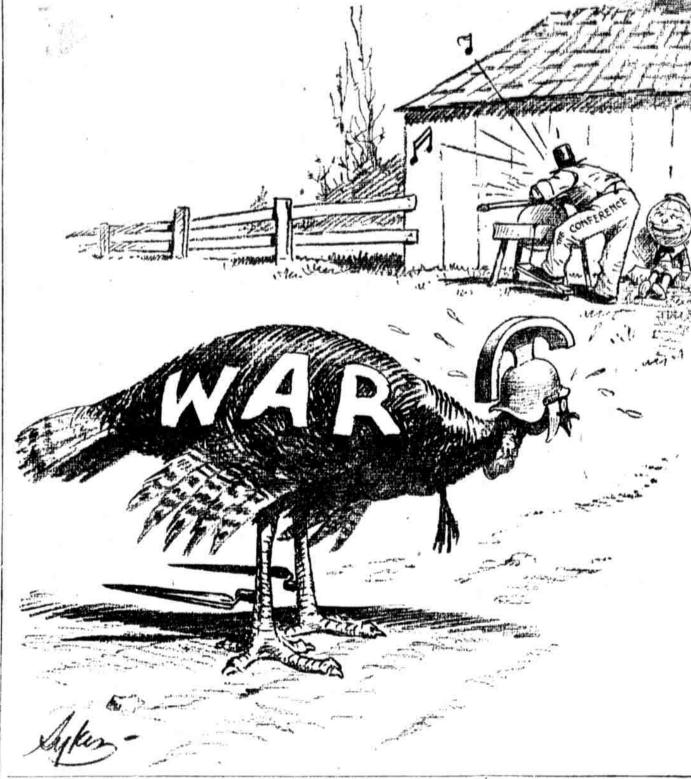
And that's how a bishop wears strings to And Marconi needs none for his wires, MORAL:

Life must always feel line to be fruitful any So rebel when it's stagment and dull, And learn that the wheel which turns everything round
Is the little gray stuff in your skull.

—The Children's Newspaper.

urink it at a wrong time, ontess when over 'Leated and it is very cold water. Person who refuse ice water at mealtime in the be-lief that it interferes with digestion are coddling a superstition. Water s the

NOT SO MUCH STRUT IN HIM NOWADAYS



stomach almost immediately, it gets into the

circulation and then into the body tissues.

By the time it is brought to the kelneys it has flushed the entire body.

"Though it is good affil wholly advisable to drink water at any time, one of the best times is immediately after arising, for then there is always a little residue of undigested

food and unaccumulated bile remaining in

"Water will wash this into the intestines

leaving the stouach well prepared to meet the problem of breakfast. Water is as important

to life as food itself. One given food and de-prived of water will succumb infinitely

"Occasional fasting is a good thing. If the stomach is disaffected no harm will be

done if a meal or even two nicals are skinped

Prolonged fasting, however, should never b

undertaken except at the direction and under the observation of a physician. Experiments with students have shown that they are able to study better and to comprehend more

clearly while they are alstaining from food. Once we fasted a dog for 117 days and then

turned him loose on a ranch in Kansas. He became a different animal in every respect.

lealthier, better natured and more intelli-gent. How long fasting may be continued

before the point at which it becomes harmful is reached depends, of course, on the cond-

Most men undergo a second fast better than

resistance to hunger has been developed.

Emotions Affect Appetites

"The emotions have much to do with di-

gestion, and it is a good thing in any great emotional crisis to cat frugally. We have found that digestion in students taking ex-

aminations was a couple of hours longer than

overcating is a vice from the economic standpoint, for it is certainly 'considerous

waste' for a man to consume more food tima

is preded to keen him in the first paysion

exerciting to shall his mental powers and

lumper his own work and perhaps spoil bi

bealth. There is somewhat less of overenting

in America since the war and a good deal

W hat Do You Know?

QUIZ

1. What people infroduced the painte into Europe?
2. In the reign of what Franch King did Mexandre Furniss place the action of his remance. The Three Musketeers?
3. Distinguish between stablefly and cultural problem.

stillagmite.

4. What is the plural of the word stadium.

5. Why is boungelabler so called?

6. When was graver to be known and what to the significance in history?
5. Where he significance in history?
6. Who was Fitzhugh Lee?
7. What is meant by Framethean fire?
16. What is no non sequing?

Answers to Yesterday's Quiz

Men Merrines in Walter Scott's tor

they Mannering." was a weird gapey bariotte Cushman was noted in this part in the dramatization of the boot.

A gonfalon is a banner, often with electronic streethers, hung from a cross bar.

A gerfalon is ray large northern infocus specially the feelands.

The Irrawaddy is the child there of Burna it flows into the Bay of Bengal.

was Quebec besteged by an Amer-

less, naturally, in Europe.

"Aside from the standpoint of pathology

NOW MY IDEA IS THIS!

Daily Talks With Thinking Philadelphians on Subjects They Know Best

the stomach.

DR. PHILIP B. HAWK On Proper Nutrition

ONE does not do well to trust one's appe-tite overmuch.

That one is hurgry at an unwented hour

s not of itself an augury of an immediate Nor is the fact that, having assumed a just allowance of 3000-odd calories, one is still hungry a physiological sanction to go on

To suppose that what one likes to cat is perforce good for one is as fallacious as to believe that what one does not like to eat is

These are truths from the philosophy of good digestion as developed by Dr. Philip B. Hawk, in charge of autrition investigations at Jefferson Medical College, where a numer of naich-remarked experiments in this division of medical science have been con-

says that they have shown that a regularly creatring appetite appeared by a moderate coal of the right food elements in the right proportions is better than a great hunger hat proceeds unfeared through a long and claborate dinner.

You Liked What Dad Liked

"What is known as appetite," says Delawk, "is so much a thing of herealty tradition and environment that it cannot be trusted. A child reared in a home where a well-piled hoard is an institution and hearty repletites and their gratification are liabits will, through builtation, levelop and extend Lis own capacity for food. Moreover, probably he will have been born with a propensity toward large eating. Millions of Americans come from such homes, millions are overesting and thousands of them develop lige-tive disorder.

Some, indeed, are underentified that is, are not getting food enough or are not get-ting the proper elements in the total they take. This, however, is not so common among edults, but relates particularly to 'As the result of immunerable experi-

ments, it has been estimated that the matrition requirements of an average person is 2000 to 3300 calories a day. This varies considerably, according to the weight of the person and occupation and somewhat accord ing to his temperament. Two persons of the same weight and occupation may require proportion of the essential food elements.

Occupation Controls Needs

who does hard physical work needs more food than the sedentary man, and tout he is less likely to suffer from the sin of overenting. The sleep of the laborer is sweet, whether he eat much or little; but the fullness of the rich will not suffer him to sleep. In certain lumber camps and on certain farms and ranches men work very hard on diets that would kill or ruin a city man within a month, but there is no doubt that such fellows would work even better on foods in which there was not so much out-right wastage-or, say, the rations used in e navy during the war.
"The various food elements that are

necessary to keep up a healthy life are now, Lappily, pretty well known popularly. Protein, and not merely protein in the proper account, but protein of the proper kind, for we have found there are proteins, such, for example, as the one in the wheat berry, which do not contain all the nuino ...cids so essen-tial to the body. Inorganic tuntier, such as sodium chloride, calcium, iron and other salts, without which the body becomes pathlogical in no time. Fats and the carboculrates (sugars and starches) enough to the the body proper energy. Roughage, which has no mitritive qualities, but which Unminted the intestines, making for easi cristalsis. Spinach, lettuce and most other near vegetables are roughage. Agar-agar. or Japanese scawerd, is congluige in another there can be no growth, and which are so necessary to children and only in a slightly less degree to adults. Different vitamines come in different foods. Venet has a high content of one of these, and the taking of yeast in almost any fashion is a very good thing. Two of the vitamines are not lost it cooking, but the third one, water soluble t protects against source, is destroyed at the boiling point.

Water Is Big Essential "The remaining necessary cleaner is water. One cannot drink too much water or

HUMANISMS By WILLIAM ATHERTON DU PUY

GTHE first Postmaster General," said ▲ Will Hays in the bosom of his official

family one day, "was Darius, the leader of the Medes and Persians. Whenever he did a good day's work capturing Babylon he sent out a flock of news carriers in all directions, bearing the message. He was the muster of the posts."

And the Postmaster General, after thus airing his crudition, looked around a bit suppliciously because a special assistant.

suspiciously because a special assistant of his, one Joe Stewart, is wondrous wise, Mr. Hays hoped he had put one over on "And to insure the correctness of the

message sent." interjected this killjoy. "and as a warrant against its being lost, he tattooed it on the backs of the messengers, It was rarely garbled in transmission. You are getting into the railroad game, Ford, one of us said to the fliver

manufacturer out at Dearborn, "just at the time when the trucks are threatening to take away the freight business and the airplanes the passenger travel. Is it not possible that railroads may be put out of business in the near future?"

"No mechanical device," said he, "has ever come into the world and afterward been driven from it. There are more bieycles used today than at the time of their greatest popularity, back in the nincies. "How about the stage couch?" I asked.

The autobus is the modern development of it, he said, and is transporting a hundred times as many people as the stage coach ever did."

Representative Benjamin K. Faela, 6 Pennsylvania, is called the Mayor of Washington because he is chairman of the Com-mittee on the District of Columbia of the House of Representatives. When he was a youngster he went to Baltimore to study harmacy and worked in a drug store for practical experience. The druggist used to send him down to the eight factory when his supplies of smokes ran low, and here young Focht found himself subjected to the influ-

of this particular brand ans very low and that they probably would not be available when next needed. To protect the customer from running out of these cigars he would give him a double supply while they were to small. Also be would fill the packets of in stock. Also he would fill the pockets of the druggist's boy with the best eigars i the house. Thus young Focht neguired a taste for expensive eigars which he has tound it necessary to gratify through all the years that have intervened, often to he financial embarrassment.

"The nations of the world." Henry D. Hubbard told me, "have always maintained physical standards of their various measurements filed away in the archives. Just now nil those standards of measure are being erapped, for scientists have developed an unvarying standard in nature which may be used. This standard is the length of wave of light, which is 1-52,000 of an inch. With it measurements can be made as delicate as one 200 millionth of an inch. This

standard exists in nature and is amenauging "The standard yard rule in the archives of Great Britain has been measured by this ion standard of length and it has been tound, quite strangely, that the meral of this rule is shrinking and that the British similard yard is growing shorter. It is not a correct standard. The light wave of nature is displacing it."

Thomas B. Drayton, of Seward Alaska, claims to be the only writing man domiciled in that whole yest possession of Uncle Sam. Of course Rex Beach, who has made a Bengal

Mustings is a name given to the victory gained by William the conqueror and the Normans over Barrold and the Saxons near Seplac, a hill in Sussex.

England, on cetcher 14, 1988.

The alternative mains for Nathanied Hawthorne's navel. The Marking Faun, is Transformation, the title million out of writing, used to live up there. but he was not doing it until long after-ward, when, as a clerk in Chicago, a friend showed him a story of Alaska be had writ-ten for a poultry journal and which was an poor that Beach wrote a better one out of

Hawthorne's novel, "The Marble Faun, is Transformation, the title used in Urghand.

Marle Taglioni was a famous ballet lancer. She was born in Berlin in 1831 and deal in 1831. She married Prince Joseph Windischgrauz.

The Cattegal is the sea passage whirm separates Sweden from Jutland and connects the Skagerrak with the Baltic Sch through the Sound and the Great and Little Belts. It is about 150 miles long. At the time Beach was in Alaska, Drayton says, everybody worked hard, but the very worst of the tasks were saved for the Chinamen, who were the real slavies of the mining camps. When a task became too arigous or too mean for even the Chinamen the practice was to call Beach, who was 8 horse for lowly labor.

ind gnation.

Mr. Sammer Welles, Chief of Latin American Allairs of the State Departments is probably the youngest man in the flow enough a rylee to have attained to B ion of that importance. He is but twenty

eight years obl. Mr. Woodrow Wilson once defined an effective official as a man who made lemonade out of every lemon that was handed hime.

9 Berhmann-Hollweg was Chancellor of Germany at the time of the outbreak of the World War.

19 Sharkan is the mame given to the geobar period or system pertaining to the Unleozole age, previous to the surreled becomes Most of the types of exerts had examine that the surreled becomes from the following the surreled becomes from the following the salt bets of New York and thio The name Shurian is derived from Silures, the name given to the supposed Therian rage inhabiting Britain before the

once of that trick of trade, the "doubled The elgar man would say that the supply